Recruitment through intermediaries:
- Delivery of participant information letter + informed consent

0 months:
Baseline measurement (T0)

Intake by trained counselor:
- Questionnaire 1
- Informed consent

Inclusion/exclusion and randomization at University of Twente

Start Intervention

Experimental condition:
Happiness Route

3 months:
Postmeasurement (T1)

Questionnaire 2

Control condition:
Customized Care

9 months:
Follow-up measurement (T2)

Questionnaire 3